



BY THE GOVERNOR OF THE STATE OF GEORGIA

## A PROCLAMATION

### PHYSICAL FITNESS AND ACTIVE LIFESTYLE MONTH

- WHEREAS: An appreciation for physical fitness is a critical step in ensuring the prospect of a long and healthy life. Physical activity is an important aspect of each individual's goals of personal health and well-being; and
- WHEREAS: According to estimates by the Centers for Disease Control, 35.2 percent of adults in Georgia were overweight and 30.5 percent were considered obese in 2016; and
- WHEREAS: Sports, exercise and other forms of physical activity can relieve stress, boost energy and self-esteem and prevent numerous chronic diseases, including coronary heart disease, high blood pressure, stroke and Type 2 diabetes; and
- WHEREAS: As we look to enable our youth to reach their fullest potential, regular physical activity and proper nutrition are essential in helping them grow. Various health organizations recommend that children should engage in physical activity for at least one hour each day; and
- WHEREAS: Physical Fitness and Active Lifestyle Month provides an opportunity to encourage Georgia citizens to engage in a more active lifestyle. Adults who do not meet the recommendations for physical activity can aim to increase duration, frequency and intensity to help achieve this goal and improve their overall health; and
- WHEREAS: During this month, may Georgia citizens join together to promote physical activity and chart a healthier, more active future for our state. Physical Fitness and Active Lifestyle Month reminds us how physical activity and fitness may often lead to a better quality of life; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim November 2017 as PHYSICAL FITNESS AND ACTIVE LIFESTYLE MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 20<sup>th</sup> day of October in the year of our Lord two thousand seventeen.



*Nathan Deal*  
GOVERNOR

ATTEST

*Chris W. Riley*  
CHIEF OF STAFF